

# Arnside National School

## Long Term Physical Education Development Plan 2019-2020

### **VISION FOR THE PRIMARY PE AND SPORT PREMIUM**

ALL pupils leaving primary school **physically literate** and with the **knowledge, skills and motivation** necessary to equip them for a **healthy, active lifestyle** and **lifelong participation** in physical activity and sport.

#### **Reflection: How do we measure the impact of School Sports Premium spending?**

- Through self-evaluation and tracking of pupil progress.
- Annual written reports that identify next steps and celebrate achievements.
- PE coordinator assesses the impact of the SSP and amends practice accordingly.
- Head Teacher, Governing Body and SLT maintain an overview of the impact of the SSP.
- Participation in competition at all levels is higher than in previous years, as is the participation in the number of extra-curricular activities being offered.
- Pupils show a good understanding of the benefits of exercise and healthy lifestyle
- They have a well-developed skills, attitudes and values when involved in sporting activities.

#### **Where next: We aim to continue to improve:**

- ✓ The engagement of all pupils in regular physical activity- kick starting healthy active lifestyles
- ✓ The profile of PE and Sport being raised across the school
- ✓ Increased confidence, knowledge and skills of all staff in teaching PE and Sport
- ✓ Broader experience of a range of sports and activities offered to all pupils
- ✓ Increased participation in competitive sport
- ✓ Increase awareness of the link between exercise and physical and mental well-being through positive messages and examples
- ✓ To build closer links with local sports and activity clubs
- ✓ Introduce more intra-school competitions

#### **We aim to do this by:**

1. Increasing the variety of sports taught within school by teachers and develop staff confidence in delivering lessons. More PE curriculum focused time.

*Action: In school training provided by either School Specialist PE teacher (Steve Hoare) or National Governing Specialists. Sports coaches to deliver skills lessons and teachers to deliver shorter but more frequently fitness sessions.*

*Timescale: Ongoing*

*Cost: Sports Premium*

2. Sports and P.E. Coordinator (Jeanette Shipperd) and Sports and P.E Governor (Steve Kershaw) to monitor and observe lessons taught and take feedback from staff regarding professional development. Gain opinions from child and staff on the current physical education within the school. Use questionnaire to ascertain levels of participation in sport and exercise in both children and staff.

*Action: PE Coordinator to design questionnaires for both staff and children. September'19 Audit questionnaires; provide results and feedback on areas of improvement. PE Coordinator to review and make changes where necessary.*

*Timescale: July'20 Cost: N/A*

3. To improve the profile of sport and healthy lifestyle by ensuring all children are wearing the correct kit and teachers encourage this by also wearing a kit.

*Action: Class teachers and PE Coordinator to monitor and ensure letters are sent home to those children with the incorrect kit or no kit. Possibility of Specialist Sports coach to explore sponsorship for Key Steps Gymnastics uniform.*

*Timescale: January'20 Cost: Sports Premium*

4. Introduce a variety of after school sports clubs to ensure there is at least 1 club taking place each week. Supplied by either staff or out of school specialists.

*Action: Target non-engaged children by providing activities which encourage them to participate and enjoy a healthy lifestyle e.g. treasure hunt to raise money for the school, exploring Arnside walking/nature group (Possibly a parent/child event).*

*Timescale: July'20 Cost: Sports Premium*

5. Target the parents. Ensure both parents and children understand the benefit of a healthy, active lifestyle. Introduce Change4life theme days and clubs to promote better lifestyles.

*Action: PE Coordinator or Specialist Sports Coach to arrange a healthy living day in the Autumn term 2019. Parents invited to take part in a fun activity with their child and promote healthy eating by having an after school healthy food taster session. Explore the possibility of local food providers, for example ASDA / Tesco, and offer them the opportunity to support the activity.*

*Timescale: Autumn term 2019 Cost: Sports Premium*

6. Develop a values based, whole school approach to physical education.

*Action: Teachers to deliver 'Healthy Me' assemblies across the course of the year. The teacher basically gives an account of a day spent doing an activity such as walking up a mountain or going for a cycle. PE Coordinator to arrange one off assemblies from local*

*sports performers such as mini display from Kendal School of Gymnastics, local Rugby team, the FA, Lancaster Trampolining group etc.*

*Timescale: Ongoing*

*Cost: Sports Premium*

7. Improve PE equipment in school.

*Action: Audit and sort of PE resources in PE cupboard. Replacement / new equipment to be ordered.*

*Timescale: July'19*

*Cost: Sports Premium.*

8. Develop links with professional organisations.

*Action: Attend the AFPE Sports conference to identify tool kits and ideas to promote PE and Sport in school and spend Sports Premium money effectively. To network and provide professional development.*

*Timescale: July'20*

*Cost: Sports Premium*

9. Improve breaktime and lunchtime activity provision.

*Action: Themed break/lunch times to be delivered by Year 6 Play leaders. Year 6 to do training during summer term 2019 and arrange for younger children to be involved.*

*Timescale: Summer term 2020*

*Cost: Sports Premium*

10. To continue to increase participation in both competitions and after school clubs.

*Action: PE co-ordinator to arrange inter and intra sports events. E.g. Football matches against other local schools, whole school intra gymnastics competitions and enter more competitions at Dallam (local feeder school) and South Lakes. Audit participation levels on a termly basis.*

*Timescale: Ongoing*

*Cost: Sports Premium*

11. To inspire a whole school healthy lifestyle change.

*Action: SPORTS EXERCISE LEAGUE TABLES: 'Top Gun Sports Stars.' To We are going to explore the idea of introducing class tables which use a point system based to reward engagement in sport and exercise in and out of school. Children will be able encouraged to be active partners in this process. At the end of the academic year all children that have demonstrated an improved motivation and engagement increase will receive a reward, it will also anticipated that the extra exercise will have a positive outcome for tackling obesity and general health. The walk/Bike to school initiative will receive new imputis from this award. Reward examples: Water Slide Day, Sports Trip.*

*Timescale: September '19 Cost: Sports Premium*

12. We anticipate that with the increase in clubs, exercise league table, intra-school and increased inter-school sport that we will be in a strong position to apply for the School Games Gold Mark. To liaise with Sharon Nicholson (School games officer) for support with application process for School Games Gold Mark.

*Timescale: July'20 Cost: N/A*

13. To promote Active 30 throughout school:

Breakfast sports/athletics clubs, Walking/Biking to school, Daily Mile, Wake up/Shake up, Active maths/Maths of the day, Sports leaders delivering activities at break times, PE lessons, Listen and move- for less able students, Activity story time, After school sports clubs, Kung Fu Punctuation, Active Science- Pulse rate etc, Morning PE lessons to increase focus, BBC Maths Super Movers, Jump Start Johnny, Go Noodle, Activate, Cross-curricular lessons e.g. Maths/Rugby

- *'Every primary school child should get a least 60 minutes of moderate to vigorous physical activity a day. At least 30 minutes should be delivered in school every day through active break times, PE, extra-curricular clubs, active lessons, or other support and physical activity events. Remaining 30 minutes supported by parents and carers outside of school time.'*

*Timescale: Ongoing Cost: N/A*

Mrs J Shipperd  
Sport and PE Co-ordinator  
Arnside National Primary School